# Republika ng Pilipinas (Republic of the Philippines) MINISTRI NG EDUKASYON AT KULTURA (MINISTRY OF EDUCATION AND CULTURE) Maynila

October 5, 1978

NEC ORDER No. 32, s. 1978

CHANGES IN THE CUIDELINES FOR THE COMDUCT OF ATHLETIC MEETS

To: Bureau Directors
Regional Directors
Chiefs of Services and Heads of Units
Coordinator, State Colleges and Universities
Schools Superintendents
Heads of Private Schools, Colleges and Universities

- 1. Effective this school year the following guidelines for holding athletic meets under the Physical Fitness and Sports Development Program of the Ministry of Education and Culture are hereby promulgated for the information and guidance of all concerned.
- 2. The bodies which shall operate and manage MEC athletic meets are as follows:
  - a. National Schools Sports Council encourage, promote, foster and regulate physical fitness and sports activities in all schools, colleges and universities in the Philippines.
  - b. MEC Palarong Pambansa Schools Sports Council the MEC Palarong Pambansa.
  - c. MEC Regional Schools Sports Council the Regional Schools Athletic Meets.
  - d. Provincial/City Schools Sports Council the Provincial/ City Schools Athletic Meet.
  - e. Unit/School Districts Schools Sports Council the Units and District Athletic Meets.

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3. These Sports Councils shall have the following members:

# a. National Schools Sports Council:

(1) Minister of Education and Culture - Chairman

(2) Deputy Minister of Education and Culture - Vice Chairman

- (3) Deputy Minister of Youth and Sports
  Development Member
- (4) Minister of Local Government and Community
  Development Member
- (5) Three (3) Assistant Ministers of Education and Culture Members
- (6) Chief of the Philippine Constabulary Member
- (7) Three (3) MEC Staff Bureau Directors Members
- (8) Thirteen (13) MEC Regional Directors Members
- (9) Coordinator of State Colleges and Universities Member
- (10) Chairman, MEC Sports Development Program Special Committee - Secretary
- (11) Vice-Chairman, MEC Sports Development Program
  Special Committee Asst. Secretary

# b. MEC Palarong Pambansa Schools Sports Council:

- (1) Governor of the Host Province Honorary Chairman
- (2) Mayor/City Mayor, Host Municipality/City Honorary Chairm
- (3) MEC Regional Director, Host Region Chairman
- (4) MEC Regional Assistant Director, Host Region Co-Chairman
- (5) MYSD Regional Director, Host Region Member
- (6) Provincial/City Schools Superintendent,
  Host Province/City Vice Chairman
- (7) Chairman of each of the twolve (12) other Regional School Sports Councils - Members
- (8) PC Provincial Commander of the Host Division—
  Member
- (9) Chairman, MEC Sports Development Program Special Committee - Athletic Manager
- (10) Assistant Chairman, MEC\_Sports Development Program Special Committee → Assistant Athletic Manager
- (11) Executive Secretary to the Council To be appointed by the Minister of Education and Culture
- (12) Public Information Officer To be appointed by the Minister of Education and Culture
- (13) Immediate Past Chairman of the MEC Palarong Pambansa Sports Council Ex-Officio Member

# c. MEC Regional Schools Sports Council:

(1) Governor/City Mayor of the Host School Division -Honorary Chairman

(2) Superintendent of the Host Division - Chairman (In case a Provincial and a City Division are both hosts, the two superintendents are co-chairmen)

(3) MEC and MYSD Regional and Assistant Regional Directors - Advisers

(4) All Chairmen, Provincial/City Sports Councilsin the region - Members

(5) President, Association of Universities and Colleges and Heads of Private Schools in the Host Division -Members

(6) PC Provincial Commander - Member

- (7) Elected President of all Private Schools, Colleges and Universities of the Host Region Member
- (8) All Superintendents of Vocational Schools and Colleges of the Host Province Members
- (9) Immediate past Chairman of the Regional Athletic Meet - Fx-Officio - Member
- (10) General Education Supervisor II In Charge of the Physical Development Program in the Region Member and Secretary of the Council

# d. Provincial/City Schools Sports Council:

(1) Provincial Governor/City Mayor - Honorary Chairman

(2) President of Mayors League - Honorary Chairman

- (3) Frovincial/City Schools Superintendent Chairman
- (4) Chairmen of different provincial/city participating units Members
- (5), PC Provincial Commander Member

(6) Provincial MYSD Coordinator - Member

- (7) Prosident of Toachers Athletic Association Member
- (8) Assistant Provincial/City Schools Superintendent Member
- (9) Vocational Schools Superintendent/Vocational School Personnel In-Charge of all Vocational Schools in the Division - Member
- (10) Presidents of Colleges and Universities (Public and Private) in the Host Province -Members
- (11) Division/City Physical Development Supervisor Member and Secretary

# e. Unit/School District Schools Sports Council:

- (1) Mayor, Host Municipality Honorary Chairman
- (2) District Supervisor Chairman (In the case of municipalities where there are two or more District Supervisors, they shall elect among themselves the chairman)

(3) Public Secondary School Principals - Member

- (4) Chairman of all participating units Members (5) Principals/Officero In-Charge of Vocational Schools Member
- (6) Station Commander of the Integrated National Police of the Host Municipality/Unit Member
- (7) PE Coordinator of the Host Unit Member and Secretary
- (8) Five (5) patrons whom the chairman may invite to all meetings as advisers with no power to vote.
- f. All Schools Sports Councils shall be reconstituted annually except the National Schools Sports Council.
- 4. Divisions and Levels of Athletic Competition -

## a. Divisions:

- (1) Competition for the elementary division shall only be among the elementary school pupils who have not reached their 13th birthday on March 30 of the school year in which the athletic competition is conducted.
- (2) Competition for the secondary division shall only be among secondary school students with no age limit.
- (3) Competition in the integrated level (Provincial/City Meet and up) shall only be among the secondary, college, and university students with no age limit. However, secondary school students perticipating in the secondary level cannot participate in the integrated level within the same year of competition or vice versa. Likewise, an in-school athlete not selected by the school may participate in the open athletic meet but cannot return as a member of the in-school team within the year of competition.

### b. Levels:

- (1) District Meet Elementary and secondary schools within the district compete in this meet.
- (2) Unit Meet This is a competition among school districts. A school division may be divided into as many units as feasible and practicable.
- (3) Provincial/City Athletic Meet Competing in this meet are the athletic units in the division.
- (4) Regional Meet The athletic regions should conform to the regional aggrupation of the Ministry of Education and Culture of provincial and city school divisions within the region. A city division may join the provincial school division if it so desires.
- (5) MEC Palarong Pambansa There shall be thirteen (13) participating athletic regions in the MEC Palarong Pambansa, each region to be represented by the elementary, secondary, college and university school athletes selected in the regional meets. A player must have played in the unit, provincial and regional meets of the region he is representing in the MEC Palarong Pambansa.

Three school days and a Saturday are allowed for holding the provincial/city athletic meets. Five school days are allowed for holding the Regional Meets and the Palarong Pambansa. One school day may be used for the district athletic meets, and two days for the unit meet. In case of the provincial and regional athletic meets, only teachers in those schools which are easily accessible by good transportation who signify their intention to attend the meet may be authorized to dismiss classes during the meet. so authorized who fail to attend the meet should absent from their classes. be considered Schools in neighboring provinces where teachers signify their intention to attend the MEC Palarong Pambansa should be authorized to hold classes on three Saturdays in lieu of three school days which teachers and pupils may spend in attending the said meet.

The MEC Palarong Pambansa shall be held in the first week of March each year. The regional athletic meets shall be held at least one month before the MEC Palarong Pambansa.

- (6) National Open The Ministry of Education and Culture delegation shall be selected from the results of the MEC Talarong Pambansa.
- 5. The following are the events to be played in the MEC Meets:

	Events	Athletes	Coaches	Chaperons
2.	Elementary Lovel: Elementary School Furils Only			
	<ul><li>(1) Weightlifting</li><li>(2) Little League Baseball</li></ul>	2 12	0 1	9
b.	Secondary Level: Secondary School Students Only			
	(1) Football (11-Man) (2) Athletics	14	1	0 .
	(12-b; 10-g) (3) Boxing (4) Weightlifting (5) Junior Chess (1 player;	2 <b>2</b> 4 6	2 1 1	1 0 0
	1 analyst) (6) Gymnastics	1 (Optiona	l l and oxhibi	O ition only)
C.	Integrated: Secondary and Collegiate Students		· 	
,	(1) Softball (M) (2) Softball (M) (3) Volloyball (M) (4) Volloyball (M) (5) Basketball (6) Athletics	12 12 9' - 9 10	1 1 1 1	0 1 0 1 0
(	(12-M; 10-W) (7) Swimming (10-M; 10-W) (8) Table Tennis (3-M; 3-W) (9) Sipe 10) Cycling 11) Archery (4-M; 4-W)	22 20 6 3 4 8	2 2 1 1 1 2	1 0 0 0
(	12) Senior Chess (1 player; 1 chalyst)	1:	1	0
		177	22	5

Head of Delegation - 1
Athletic Manager - 1
Delegation Physician - 1
Delegation Nurse - 1
Mess Official - 1
Finance and Supply - 1
Officer 6

### Summery:

Delegation

Athletes - 177
Coaches - 22
Chaperons - 5
Officials - 6

Over All Members - 210
Of The Athletic

- 6. The guidelines for funding the athletic meets are as follows:
  - a. All athletic meets in local levels municipal, district or unit/provincial shall be funded from local sources. Municipal and provincial/city school boards may appropriate from the Special Education Fund for athletic activities in accordance with existing rules and regulations for the implementation of Republic Act No. 5447.
  - b. Teachers, students and members of the community may be requested to sell tickets for athletic meets. In no case, however, shall teachers and students be compelled to buy tickets. (D.O. No. 19, s. 1969)
  - c. Each province/city shall raise its own funds for its preparations for and participation in the regional athletic meet. They may secure aid from the municipal, provincial and national governments and from other sources.
  - d. Colleges and universities shall appropriate the fund from the athletic fees of students for this purpose.
- 7. The following rules on eligibility and participation shall be observed:
  - a. Each athlete shall be of amateur standing in accordance with the rules on amateurism.

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- b. Before an athlete is allowed to participate in the MEC athletic meets, he/she shall be required to submit the following documents for screening:
  - (1) MEC Form 137 duly signed by the school registrar or school principal. In the case of collego/university athlete, the scholastic record duly signed by the Registrar.
  - (2) Medical certificate issued by a government physician showing that he/she is physically fit to participate in the meet.
  - (3) Parental or guardian consent for his/her participation.
- c. No athlete who has been found by a government physician to be physically unfit shall be allowed to participate in any athletic meet under the MEC physical fitness and sports development program.
- d. No athlete who is below 14 years of age as of his/ her last birthday shall be allowed to participate in long distance track and field events starting with the 800-meters if he/she has not undergone two months of extensive training.
- e. No athlete who is below 8 years of age (on his/her last birthday) shall be eligible to take part in any athletic event.
- f. Each athlete must have been enrolled in the school he is attending during the regular period of registration at the opening of the school year and must have been in regular attendance from the time of enrolment to the time of the meet, carrying the full load as prescribed. A one-year residence is required of athletes who transfers from one school division to another. However, transferees are exempted from the one year residence requirement if the transfer is within the division, or from a city division to the previncial school division within the same province or vice versa when the prevince and the city participate as one unit.

- g. No pupil or student who is failing in one-half or more of the subjects he is taking in the current school year shall be allowed to compete in any MEC athletic meet during the year. A certification to this effect should be signed by the principal of his school.
- h. A team in Little League Baseball shall play as many games as the system of elimination warrants. A team mist play once or twice a day. However, the pitcher must be given the mandatory rest of 24 hours after every pitching task. Scorers shall record in the official scorebook the pitcher's assignment in every game. A team must have at least three (3) pitchers. Failure to observe this rule automatically declares the team loser.
- i. No athlete shall be allowed to compete as a member of more than two teams participating in any athletic meet. An athlete may therefore, for example, compete in track and field and basketball only. An athlete who violates this rule shall lose all the points won by him/her in track and field events, and the team where he/she belongs shall be declared the loser in the case of ball games.
- j. No athlete shall be allowed to compete in more than three track and field events, excluding the relays in which he/she may also participate.
- k. Heads of delegations and coaches are held responsible for the discipline and proper observance of all rules and regulations governing the athletic meet. During the games, an athlete who has been thrown out for misbehavior, unnecessary roughness, unsports—manlike attitude, and the like, shall be suspended from the said game. A repetition of the act in a succeeding game shall automatically debar him/her from further participation in all games for the duration of the meet. Furthermore, he/she shall be suspended from playing for one year in all MEC athletic meets. If the offense is committed in a championship game, he/she shall be suspended from participation in all MEC athletic meets for one year.
- 1. When an athlete who is ineligible or has violated any of the foregoing rules has been inadvertently allowed to play and his ineligibility or violation

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is subsequently established, the games in which he has taken part shall be declared forfeited to the opposing team in case of ball games, and in track and field the scores or points which he has made or helped to make shall be cancelled; the participants next to him in rank shall be accordingly advanced in place.

- m. Protest on eligibility shall be accepted when done in writing, endorsed by the head of the delegation and supported with authentic documents. No protest on eligibility may be filed against any member of a team after the said team has already started its second came, except in case of impersonation or falsification of documents. As regards the aforesaid offenses, the chairman of the Screening Committee shall immediately recommend appropriate action to the proper authority. However, results of the games and standing of the teams shall stand. Protest concerning technicalities in the course of the game shall be filed within three (3) hours after the game and a decision shall be rendered within six (6) hours after the protest is filed.
- n. Even after the close of the meet, disciplinary action shall be taken against erring coaches, players and/or head of delegation, as the case may be. However, such action shall not affect the results of the games or standing of the teams.
- o. Each delegation shall submit its final list of athletes participating in any game and certified to by the Screening Committee within 24 hours before the start of the games. The official number of participating athletes in each event or game specified in this MEC Order shall be strictly followed. Substitutions and additions shall not thereafter be allowed.
- p. The international rules and regulations adopted by the different national sports associations, unless amended, shall govern all NEC athletic meets.
- q. No scholastic credit shall be given for participation in school athletic activities. However, every athlete should be given every legitimate

opportunity to make up for any school work which has been missed and should be given individual help by his coaches.

- 8. Screening of Athletes There shall be screening committees at all levels of MEC athletic meets.
  - a. The National Screening Committee shall be appointed by the Minister of Education and Culture and shall function as an independent body responsible only to the Minister of Education and Culture.
  - b. The Regional Screening Committee shall be appointed by the Regional Director and shall function as an independent body responsible only to the Regional Director.
  - c. The Provincial/City Screening Committee shall be appointed by the Provincial/City Superintendent and shall function as an independent body responsible only to the Provincial/City Superintendent.
  - d. The Municipal Screening Committee shall be appointed by the District Supervisor and shall function as an independent body responsible only to the District Supervisor.
  - e. The screening committee shall also be guided by the following:
    - (1) Five days after the athletic meet, selected athletes are required to submit the following to the chairman of the screening committee:
      - (a) MEC Form 137 duly signed by the school registrar or principal.
      - (b) Certificate of enrolment issued by the school registrar or principal.
      - (c) Modical certificate issued by a government physician showing that she/he is physically fit to participate.
      - (d) Parental or guardian consent for his/her participation.

- (2) That all those documents must be free from any alterations.
- (3) List of athletes who participated in the district, unit, provincial or city meets.

### Miscellaneous provisions:

- a. Economy Expenses for athletic meets shall be at the barest minimum. Whenever it is feasible, uniforms, trophies, medals, etc., shall be made of native or locally produced materials. Expensive jackets for officials and guests should be done away with. Expensive entertainment and souvenirs should be avoided.
- b. Playground exhibitions Efforts should be exerted toward involving as many pupils/students as possible in the playground exhibitions. However, simplicity, practicality and economy should be the guidelines.
- c. Officiating In the athletic competitions from the provincial meet and down, local qualified and experienced officials, preferably physical education teachers, should be utilized. In the regional meet or Palarong Pambansa only accredited referees and umpires shall officiate. Assistance from the different national sports associations should be solicited as part of their promotional program. School teachers with long and efficient officiating experiences may assist the accredited referees. Physical education teachers who have been utilized in regional and Palarong Pambansa athletic meets shall be allowed by their immediate superiors—to serve as such whenever their services are needed.
- d. Regional and Falarong Pambansa athletic meets shall be held only in places where there are already existing facilities which do not need minor or major repairs. However, if a province/city is capable of providing all the necessary funds needed to host an athletic meet of this nature without any aid from the Mixistry of Education and Culture, then said province/city may bid for hosting the regional/Palarong Pambansa athletic meet.
- e. Selection of Athletes As a Guide in the proper selection of athletes to compose a team for the next

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meet, it is recommended that the members of the first team of the champion team should compose the core. The rest of the members should come from the other participating teams.

- Athletes Accounting Accomplishment and use of athletes records in the Forms AR-1, AR-2, and AR-3 shall be as follows:
  - a. 1 copy General Office
    - 1 copy Regional Office
    - 1 copy Provincial/City Superintendents Office
    - 1 copy Athlete's Copy
  - b. AR-1 (Personal Data) shall be accomplished in quadruplicate by the athletes and verified by the P.E. development supervisors and distributed as above.
  - c. AR-2 (Record Book) shall be accomplished by the provincial/city F.E. development supervisor and kept in the division office which shall provide the following information:
    - 1. Date of registration
    - 2. Name of athletes
    - 3. Address of athletes
    - 4. Assigned serial numbers
  - d. AR-3 (Identification Card) shall be accomplished by the provincial/city T.E. development supervisors and distributed to athletes concerned. The display of this ID card to the scorers for ball games and/or to the recorders in track and field events, is required. The scorer or recorder shall return the ID upon the termination of the game or event.
    - e. Transfer of athletes:
      - (1) No athlete shall be allowed to transfer from one athletic organization to another without the athlete's clearance and Form AR-1 (Porsonal Data Record) duly stamped and annotated for presentation to the new division to which he is . transferring.

### SAMPLE FORM

	Permission to transfer
	to
	Granted for this
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P.E. Dev. Supervisor Registrar

- (2) A file copy in the division office should likewise be stamped.
- (3) A letter to the General Office (SDPSC), copy furnished the regional office, should be sent by the provincial P.E. development supervisor immediately for record purposes.
- (4) A transferring athlete should surrender his ID to the P.E. supervisor issuing the permit to transfer and should register anew in the division he is transferring. He should follow the same procedure as routine in accomplishing the needed forms before a new ID serial number is given.

The following schedule of athletic meets is suggested:

- a. Palarong Pambansa First week of March
- b. Regional Meets January-February
- c. Provincial/City Meets November December
- d. Unit/District Neets October-November
- e. Intramurals (School and Barangay) August-September
- f. Organization, programming and ICSPFT Physical testing -July-August

- 12. All previous rules and regulations which are inconsistent with this MEC Order are hereby rescinded.
- 13. Inclosed are the suggested list of participating units in Regional Meets and a list of serial numbers assigned for cities and provinces.
- 14. Immediate dissemination of these guidelines is desired.

(SGD.) JUAN L. MANUEL Minister of Education and Culture

Incls.:

As stated

References:

Department Orders: Nos. (19, s. 1969), 41, s. 1975

and 50, s. 1976

Allotment: 1-2-3-4-(D.O. 1-76)

To be indicated in the <u>Perpetual Index</u> under the following subjects:

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AMENDMENTS

ATHLETICS

EUREAUS & OFFICES

PROCRAM, SCHOOL

SOCIETY or ASSOCIATIONS

# SUGGESTED LIST OF PARTICIPATING UNITS IN REGIONAL MEETS

### Region I

- 1. Pangasinan
- 2. Ilocos Norte
- 3. Ilocos Sur
- 4. La Union
- 5. Abra
- 6. Benguet
- 7. Mountain Province
- 8. Dagupan City
- 9. Baguio City
- 10. San Carlos City
- 11. Lacag City

### Region II

- 1. Cagayan
- 2. Isabela
- 3. Nueva Vizcaya
- 4. Kalinga-Apayao
- 5. Batanes
- 6. Quirino
- 7. Ifugao

# Region III

- 1. Bulacan
- 2. Pampanga
- 3. Tarlac
- 4. Nueva Ecija & San Jose City Cabanatuan City & Palayan City
- 5. Bataan
- 6. Zambales
- 7. Olongapo City
- .8. Angeles City

### Recion IV

- 1. Manila
- 2. Pasay City
- 3. Quezon City
- 4. Caloccan City

### Region IV-A

- 1. Batangas City
- 2. Batangas
- 3. Lipa City
- 4. Quezon
- 5. Lucena City

### Region IV Cont.

- 6. Aurora
- 7. Laguna
- 8. San Pablo City
- 9. Marinduque
- 10. Oriental Mindoro
- 11. Occidental Mindoro
- 12. Romblon
- 13. Palawan and Puerto Princesa City
- 14. Cavite
- 15. Cavite City
- 16. Rizal

### Region V

- 1. Camarines Sur
- 2. Naga City
- 3. Iriga City
- 4. Albay
- 5. Logazpi City
- 6. Masbate
- 7. Camarines Norte
- 8. Catanduanes
- 9. Sorsogon

# Region VI

- 1. Negros Occidental Bacolod City
  - San Carlos City
  - Cadiz City
  - La Carlota City
  - Silay City
- 2. Iloilo, Iloilo City
  - & Guimaras
- 5. Antique
- 4. Capiz
- 6. Bago City
- 5. Aklan
- 7. Roxas City

### Region VII

- 1. Cebu
  - Cebú City
  - Lapu-Lapu City
  - Toledo City
  - Mandaue City
- 2. Bohol & Tagbilaran City
  - 3. Negros Oriental & Dumaguete City
  - 4. Siquijor

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### Region VIII

- 1. Northern Samar
- 2. Leyte
- 3. Samar
- 4. Eastern Samar
- 5. Southern Leyte
- 6. Biliran
- 7. Calbayog
- 8. Ormoc City
- 9. Tacloban City

### Region IX

- 1. Sulu
- 22 Tawi-Tawi
- 3. Basilan
- 4. Zamboanga del Sur
- 5. Zamboanga del Norte
- 6. Zamboanga City
- 7. Dipolog City
- 8. Pagadian City

### Rogion X

- 1. Misamis Oriental & Cagayan de Oro City
- 2. Misamis Occidental
- Bukidnon
- 4. Surigao del Norte
- 5. Agusan del Norte & Butuan City
- 6. Agusan del Sur
- 7. Camiguin
- 8. Siargao
- 9. Ozamiz City
- 10. Surigao City
- 11. Gingoog City

### Region XI

- 1. Davao
- 2. Davao del Sur
- 3. Davao Oriental
- 4. South Cotabato
- 5. Surigao del Sur
- 6. Davao City
- 7. General Santos City

### Region XII

- 1. Lanao del Norte
- 2. Maranao
- 3. Lanao del Sur II
- 4. Maguindanao
- 5. Sultan Kudarat
- 6. Iligan City
  - 7. Marawi City
  - 8. Cotabato City
  - 9. North Cotabato

# ASSIGNMENT OF SERIAL NUMBERS FOR CITIES AND PROVINCES

Region I			Region IV-A	
1. Abra	01-1-0001	1.	Batangas	01-17-0001
2. Benguet	02 <b>-1-0</b> 001		Cavite	02-IV-0001
3. Ilogos Norte	03-I-0001	3.	Cavite City	03-IV-0001
4. Ilocos Sur	04-I-0001	4.	Laguna	04-IV-0001
5. La Union	05-1-0001	5.	Marinduque	05-IV-0001
6. Mt. Province	06-I-0001	6.	Occ.Mindoro	06~17-0001
7. Pangasinan	07I-0001	7.	Or. Mindoro	07-17-0001
8. Baguio City	08-1-0001	8.	Palawan	08IV000l
9. Dagupan City	09- <b>I-</b> 0001		Quezon	09-IV <b>-</b> 0001
	010-1-0001	10.	Rizal	010-14-0001
11. San Carlos City		11.	Romblon	011-17-0001
Ar. Dan carros arey	0.22 4 0002	12.	Batangas City	012-IV-0001
Region II			Lipa City	013-17-0001
ROBION II		14.	Lucena City	014-IV-0001
1. Batanes	01-11-0001	15.	San Pablo	
2. Cagayan	02-11-0001	-	City	015-IV-0001
3. Ifugao	03-11-0001	16.	Aurora	1000-VI310
4. Isabela	04-11-0001			•
5. Kalinga-Apayao	05-11-0001	٠	Region V	
6. Nuova Vizcaya	06-11-0001			
7. Quirino	<b>07-11-0001</b>	1	Albay	01-7-0001
/* Ourtino	Olutinooot		Camarines	
Region III		— <del></del>	Norte	02-7-0001
HORAUL LIL	•	3.	Camarines Su	r 03-V-0001
1. Bataan	01-111-0001	.4.	Catanduanes	04-V-0001
2. Bulasan	02-111-0001	· 5.	Masbate	05~V~0001
3. Nueva Ecija	03-111-0001	6,	Sersogon	06-7-0001
4. Pampanga	04-111-0001		Iriga City	. 07V-0001
5. Tarlac	05-111-0001		Legazpi City	
6. Zambales	06-111-0001	9.	Naga City	09-7-0001
7. Angeles City	07-III-0001			
8. Cabanatuan City	08-111-0001	111342.5	Region VI	
9. Olongapo City	09-111-0001	1.	Aklan	01710001
-		2.	Antique	02 <b>-</b> VI-0001
Region IV			Capiz	03-71-0001
			Guimaras	04-71-0001
l. Manila	01-NCR-0001	5.	Iloilo	05-VI-0001
2. Caloocan City	02-NCR-0001	6.	Negros Occid	ental 06-VI-0001
<ol><li>Quezon City</li></ol>	03-NCR-0001		Bacolod City	
4. Pasay City	04-ncr-0001	8.	Cadiz City	C3-VI-0001
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Cont.	Region	VI
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9. Iloilo City 10. La Carlota City 11. Roxas City 12. San Carlos City 13. Silay City 14. Bago City Region VII	09-VI-0001 010-VI-0001 011-VI-0001 012-VI-0001 013-VI-0001
1. Bohol 2. Cebu 3. Negros Oriental 4. Siquijor 5. Cebu City 6. Dumaguete City 7. Lapu-Lapu City 8. Toledo City	01-VII-0001 02-VII-0001 03-VII-0001 04-VII-0001 05-VII-0001 06-VII-0001 07-VII-0001

1. Biliran 2. Eastern Sanar 3. Leyte 4. Northern Sanar 5. Southern Sanar 6. Western Sanar 7. Calbayog City 8. Ornoc City	05-VIII-0001 06-VIII-0001 07-VIII-0001
8. Ornoc City 9. Tacloban City	08-VIII-0001 09-VIII-0001

## Region IX

1.	Basilan	01-IX-0001
2.	Sulu	02-IX-0001
3.	Tawi-Tawi	03-1x-0001
4.	Zamboanga Norte	94-IX-0001
5.	Zamboanga Sur	05-IX-0001
6.	Dipolog City	06-IX-0001
<b>7•</b>	Pagadian City	07-IX-0001
<b>∀</b> •	Zamboanga City	08-IX-0001

# Region X

1.	Agusan del Norte	01-x-0001
2.	Agusan del Sur	02 <del>-</del> X-0001
3.	Bukidnon	03-X-0001
	Caniguin	04-X-0001
5∙	Misamis Occidental	05-X-0001
6.	Misamis Oriental	06-X-0001
7.	Siargao	07-X-0001
8,	Surigao del Norte	08-X-0001
ુ9•	Butuan City	09-X-0001
10.	Cagayan de	
	Oro City	010-x-0001
11.	Ozamiz City	011-X-0001
12,	Surigao City	012-X-0001
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# Region XI

	Davao	01-XI-0001
2,	Davao del Sur-	02-XI-0001
3.	Davao Oriental	03-XI-0001
4.	South Cotabato	04-XI-0001
5.	Surigao del Sur	05-XI-0001
6.	Davao City	06-XI-0001
7.	General Santos City	707-XI-0001

# Region XII

1. Lanao del Norte	01-XII-0001
2. Lanao del Sur	02 <b>-XII-0</b> 001
<ol> <li>Maguindanao</li> </ol>	03-XII-0001
4. Maranao	04 <b>-</b> XII-0001
5. Sultan Kudarat	05-XII-0001
6. Iligan City	06-XII-0001
7. Marawi City	07-XII-0001
8. Cotabato City	06-XII-0001
9. North Cotabato	09-XTI-0001
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# NATIONAL PHYSICAL FITNESS AND SPORTS

